

Elkridge 50+ CENTER

January-February-March 2020

 Howard County Office on
Aging and Independence
Department of Community Resources and Services



**6540 Washington Blvd
Elkridge, MD 21075**

**Center and
Fitness Equipment Room
Hours**

410-313-5192

Monday, Wednesday,
and Friday
8:30am - 4:30pm

Tuesday and Thursday
8:30am - 8pm
Saturday
8:30am - 12pm

Center Email

elkridge50@
howardcountymd.gov

Newsletters Online

www.howardcountymd.
gov/elkridge50

Volunteer Website

www.hocovolunteer.org

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Welcome Winter...

Sure it's cold outside, but you will always find a warm welcome at the Elkridge 50+ Center. Literally, come sit by the fireplace and enjoy a hot cup of coffee to start your day! Then, stay engaged with exercise, lifelong learning, lunch, games, and of course, friends!

Looking for something out-of-this-world? Try the free astronomy class on January 23 and explore the cosmos. Join us January 31 for fun, crafting, and conversation with the art teacher and students from Mayfield Woods Middle School. On February 13, we explore and celebrate Black History Month with an informative and interactive Lunch and Learn. This program will explore Black history and Black experiences within the context of American history, systems, and institutions.

New Year's Resolutions...



If health and wellness are a part of your New Year's resolutions, the Elkridge 50+ Center has you covered! Join a group fitness class where you can have fun, socialize and exercise. For a more individualized approach,

check out the fitness equipment room for cardio and strength options at an affordable rate.

There are plenty of opportunities to explore nutrition too! Enjoy interesting topics covered in our "Mission Nutrition" presentations. Get trusted nutrition information from a Registered Dietician during our "Nutrition with Carmen Roberts" discussions. Learn more about healthy eating with the "Fresh Conversations" series offered through the University of Maryland Extension program.

General Information

50+ Center Staff

Jeannie DeCray, Director

jdecray@howardcountymd.gov

410-313-5175

Vacant, Assistant Director

Marcus Hockaday, Nutrition Specialist

mhockaday@howardcountymd.gov

410-313-4930

Nicholas Keplinger, Registrar

nkeplinger@howardcountymd.gov

410-313-5172

Rochelle Hayes, Utility Worker

rhayes@howardcountymd.gov

410-313-5173



Inclement Weather Status Line 410-313-7777

The Department of Community Resources and Services facilities, Multi-Service Center, Loan Closet and the 50+ Centers inclement weather program status line is 410-313-7777. In the event of inclement weather, the public is advised to call the status line to find out if the Multi-Service Center, 50+ Centers, and/or the Loan Closet are operating normally, have a delayed opening, or are closed.



AARP Income Tax Preparation Through April 14

Appointments Required

Tuesdays 1-5pm &

Fridays 10am -2pm

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the Elkridge 50+Center on the days and times listed above.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring 2018 state and federal tax returns.
- ◆ Bring 2019 tax records with you.
- ◆ If you had investment transactions during 2019, be sure to bring the purchase cost for those transactions.

**Appointments will begin to be accepted
January 15, 2020.**

**To set up an appointment, at the Elkridge
50+ Center, call 410-313-5192.**

ADJUSTED HOURS OR BUILDING CLOSURES

Wednesday, January 1	CLOSED (New Year's Day)
Wednesday, January 15	CLOSING at 1:30 pm (Department Meeting)
Monday, January 20	CLOSED (Martin Luther King, Jr. Day)
Monday, February 17	CLOSED (President's Day)

General Information



Lunch FAQs:

How do I register for lunch?

Sign-up in the lunch binder with your name and phone number five (5) days before the day you want lunch.

How do I cancel? Notify the front desk or call 410-313-5192. Please note: Missing 3 lunches without prior notification may result in wait-list sign-up only.

How much is lunch? Participants 60 years and older, and their spouses, may confidentially and anonymously contribute toward the cost of the meal. Those under 60 years pay: \$4.48 for regular meals, \$5.01 for boxed meals, \$5.95 for special meals. Please contribute as generously as possible as donations go back into the meal program to provide more meals. They also help us provide supportive services that are directly related to the nutrition program, including nutrition screenings and education.

Transportation Options

Members are responsible for their transportation to and from the Center. One transportation resource available is through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** or visit the RTA website at www.transitRTA.com for more information.

Membership Registration

Membership to a Howard County 50+ Center is required to attend or register for any class, program or activity. Membership is free for those age 50+ who have completed an application packet. Once membership is obtained, it is valid at all Howard County 50+ Centers. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.** Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

**AS EASY AS
1-2-3-4!**

410-313-1234

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!



Howard County Office on
Aging and Independence
Department of Community Resources and Services

410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE
map@howardcountymd.gov

www.howardcountymd.gov/aging

ONGOING PROGRAMS

Coffee Service

Monday-Friday

8:30-10:30am

Coffee service is available in the Lounge Monday–Friday . A donation box is available and your contribution is appreciated.

Walking Club

Monday, Tuesday, Wednesday and Friday

9-10am

Weather permitting, join fellow members for a 1-2 mile neighborhood walk. Exercise, socialize and gather for coffee in the lounge after the walk.

(Free and ongoing. Meet at the center. Friday, meet at the Park)

Bingo

Last Monday

11:15am-1:45pm

Enjoy bingo with all your Center friends and play for simple prizes and fun. There will be a lunch break at 12pm so don't forget to register for lunch that day!

Bridge Club

Mondays

1-3:30 pm

Enjoy an afternoon of casual drop-in bridge. Have fun, exercise your brain, and socialize with fellow bridge players.

Knitting Club

Tuesdays

10am –12pm

Enjoy the company of fellow knitters as you work on your own knitting, crochet, or needlework projects. The group does participate in charitable knitting projects as well.

1-on-1 Tech Help

Fourth Tuesday

11am-12pm

Free

15 minute appointments

If new technology has you puzzled, we can help! Register for a free

15 minute consultation with a peer-volunteer. Bring your questions about your smart phone, laptop or tablet. Please remember to bring your electronic device with you to the appointment. Register at the front desk.



Party Bridge

Tuesdays

12:30-3:30 pm

Party Bridge is available for those who enjoy playing in a casual environment with rotating partners. Have fun, exercise your brain and socialize with fellow bridge players.

Wii Bowling

Wednesdays

10-11 am

Drop in for an hour of engaging virtual bowling! Enjoy team or individual play! This is a super fun and easy way to move a little and socialize a lot! The smiles are guaranteed, the strikes are up to you!

Essential Tremor Group

First Wednesday

1-3 pm

This group provides support, advocacy and education to help individuals living with essential tremor. The group welcomes new members looking for the support and understanding the group can provide. (No January meeting)

ONGOING PROGRAMS

Paws for Comfort visit **Thursdays (not last Thursday)** **10 –11am**

Enjoy the comfort only a dog's unconditional love and acceptance can bring! Spend time with our loveable canine companion, Axel.

Book Club **First Thursday** **2-3pm**

Enjoy lively discussion with fellow book lovers. *The group is open to a a variety of genres. All are welcome!*

Movies **Third Thursday** **1-3pm**

Settle in for some movie time—popcorn included! Enjoy a variety of different films with your friends at Elkridge.



Adult Coloring **Third Thursday** **10-11am**

Adult coloring promotes calm, and reduces stress and anxiety. Take a moment to slow down and create something beautiful while practicing mindfulness.

Police Talk **Last Thursday** **10:15-11:15am**

Join us for a discussion with a Howard County Police Officer for updates on scams, local issues, and advice on how to stay safe.

OMG Open Minds Group **Fridays** **10 am-12 pm**

Come together Friday mornings for in-depth civil discussions on a wide variety of topics. OMG provides an opportunity to better understand each other and the values and experiences that inform us and our common humanity. Led by trained facilitators.

Cards and Games **Fridays** **2-4 pm**

Enjoy an afternoon of open game play. Group meets in the lounge to enjoy a variety of social card and board games. Get your game on!

Auricular Acupuncture **Fourth Thursday** **6pm-8pm**

Receive free ear acupuncture through Maryland University of Integrative Health (MUIH) as part of their Community Health Initiative (CHI).

Blood Pressure Screenings **Second Tuesday** **1-3pm**

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions. *Sponsored by Howard County General Hospital. Screenings take place in the Elkridge Library.*

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

PROGRAMS, EVENTS AND CLASSES

Nutrition

Mission Nutrition

Second Tuesdays

10:15-11:15am

Free

January 14: Benefits of Tea and Herbal Tea

February 11: Take a Break Snack Mix

March 10: General Nutrition Overview

Our Nutrition Specialist, Marcus Hockaday, offers information on a variety of food and drink topics. Come for nutrition tips, easy recipes and yummy tastings! In January warm up with some tea samples and learn the benefits of a variety of teas. February is American Heart Month; treat your heart right with this easy-to-make American Heart Association recommended snack mix. March is National Nutrition Month and Carmen Roberts, RD, will join Marcus Hockaday for a special nutrition overview.

Nutrition with Carmen Roberts, RD

First Thursdays

11:15am-12pm

Free

January 2: Fad Diets: What Works, What Doesn't, and What's Best for Long-term Weight Loss

February 6: Good Fats, Bad Fats, and the Healthiest Foods for Heart Health

March 5: Cooking for One or Two: Tips for Simple Meal Preparation

Get a registered dietitian's take on fad diets and overall health and wellness. Learn the latest research about dietary fat and cardiovascular disease. What type of fat best supports a healthy heart? What options are there for healthy simple meals when you are only cooking for one or two people?

Fresh Conversations

Dairy Case Dilemma: Is It Really Milk?

Monday, February 10

12:45-1:45pm

Free

Should You Worry About Vitamin D Deficiency?

Tuesday, March 24

10:15-11:15am

Free

These programs are part of our nutritional series sponsored by the University of Maryland Extension program.

Programs, Events and Classes

Age-Friendly Communities

Thursday, January 2

11-11:30am

Free

Learn about this wonderful new county initiative that is an important part of everyone's life. An age friendly community offers useable outdoor spaces, provides opportunities for work and play, provides needed services, offers affordable accessible and safe housing, safe and accessible public transportation and so much more.

Book Club open meeting

Thursday, January 2

2-3pm

Free

Come meet with fellow book lovers and share in the creation of the book club's vision for 2020. Enjoy refreshments and discuss book genres. Be a part of planning our upcoming book selections. *"There is no friend as loyal as a book"*

- Ernest Hemingway

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

PROGRAMS, EVENTS and CLASSES

Asian Brush Art

Mondays , January 6-March 23

10-11:30am

\$106 for 10 classes

Create a beautiful, piece of art, using special brushes and techniques. Learn this fantastic art form!

Taught by a retired art teacher.

Supply list at the front desk.

(A05524.600)



Recreation and Parks Trip Talk

Thursday, January 9

10:15-11:15am

Free

Join Tracy Adkins of Howard County Recreation and Parks as she overviews the R&P trip program. Learn about destinations and events planned for the winter and spring and how you can reserve your spot !

Card Making

Thursday, January 9

2-3pm

Free

Learn to work with Alcohol Inks using a wet in wet technique to make an abstract free form design for your own special greeting card. Pour & blend colors to create a smooth background using simple tools.

Facebook 101

Wednesday, January 15

12:30-1:30pm

Free

In this interactive class you will create your own Facebook account while learning about other features Facebook has to offer. By end of class, you will become an active member of the Facebook community. Participants must have an email account. Bring your own laptop (some loaner laptops available).

How to Fall Properly

Thursday, January 16

10-11am

Free

Join Martin Hseigh, DPT, from Pivot Physical Therapy as he covers this unique and practical topic. Learn tips and hints from a physical therapist on how to catch yourself and land in ways that minimize injury.

Open Minds Group (OMG)

Fridays 10am –12pm

Free

Come together Friday mornings for facilitated in-depth discussions on a wide variety of topics. OMG provides an opportunity to better understand each other and the values and experiences that inform us and our common humanity.

Watercolor Class

Wednesdays, January 8-February 19

10am-12pm

\$24 for 7 classes

Practice watercolor painting and work on applying shapes in still life, landscapes and seascapes. This is a great opportunity to learn to learn the basics of watercolor.

(A02501.401)

**To assure adequate seating,
please sign up at the Front Desk for all
events & activities.**

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PROGRAMS, EVENTS and CLASSES

Astronomy

Thursday, January 23

1-2:30pm

Free

Bob Savoy, member of the Howard Astronomical League (HAL), provides a tour of the Solar System using models, slides and videos. Make your own "Solar System In Your Pocket," discover interstellar travelers, and understand how we fit in the cosmos. Bob created the planetarium shows at the Robinson Nature Center.

Thinking Positive Group

Mondays, January 27-March 23

9:30-11am

Free

Try an engaging group discussion on positive thinking and creating happiness, guided by trained facilitators. Participants share helpful tips and techniques while supporting each other on the journey.

Intergenerational Craft

Friday, January 31

10am-11:30am

Free

Join in the fun as the Mayfield Woods Middle School students and their art teacher share crafting and conversation. This intergenerational gathering promises to bring smiles all around. Enjoy creating a craft with the MWMS art teacher.

Basic Computer Class

Wednesday & Friday, February 5,7,12 &14

1-2:30pm

\$32 for 4 classes

This class is perfect for beginners interested in learning computer skills. Cover the basics of computers, Microsoft Windows, keyboarding, internet, online safety and maintenance.

Smart Phone Class: Beginners

Wednesday, February 12

1-1:45pm

Free

Learn to navigate your way around your smart phone. Take advantage of the technology at your fingertips. Start with the basics and gain confidence with your smart phone skills!

Black History Month Lunch & Learn

Thursday, February 13

12-2pm

Lunch by donation

Take a look at Black history and Black experiences in the context of American History, systems, institutions, and culture.

Explore pieces of our racialized history with the intention of creating space for authentic connection and genuine understanding. Enjoy a delicious catered lunch. Reserve your spot—register at the front desk.



Beginner Bridge Class

Monday, February 24

9-11am

\$43 for 4 sessions

Always wanted to learn how to play Bridge but were too timid to ask? Join us for a beginners class that will teach rules and the basic concepts of the game. Challenge your mind as you make new friends!

The class meets for four, two hour sessions. Paul Elstein, Instructor.

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PROGRAMS, EVENTS AND CLASSES

Baltimore Museum of Industry: Destination Baltimore: The Story of Immigration and Opportunity

Monday, March 2

1-2pm

Free

For almost two million people, Baltimore was the destination that promised a new life, hope and opportunity. Learn who these early immigrants were, and what they risked and endured to be able to call this new land home.

Medicare Counseling (SHIP)

Wednesday, March 4 & 11

1:30-2:30pm

Free

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. To schedule an appointment, call

410-313-7392.

Armenian Peace Core Discussion

Thursday, March 12

11am-12pm

Free

Join Pat Hogan, 50+ member and Peace Corp volunteer, as she shares her enriching experiences working for the Peace Corp in Armenia. Learn what life is like for subsistence farmers and local women on the borders of Azerbaijan, Iran and Turkey. Hear how Pat helped local women apply their needlecraft skills - and the wool of thousands of local sheep - to build small businesses.

Chronic Pain Self-Management

Wednesday, March 18-April 22

1-3:30pm

Free: Registration required

Get support to manage your chronic pain with this interactive 6-week workshop. For more information, and to register, contact Nicole Becerra; 410-313-3506.


Living Well with Hypertension

Tuesday, March 24

6-8pm

Free: Registration required

Get support for living with hypertension (high blood pressure) in this single session workshop. For more information and to register, contact Nicole Becerra: 410-313-3506



**ONE-ON-ONE
EXERCISE
CONSULTATIONS**


CONSULT. PLAN. TRANSFORM.

A new, one-on-one service for those 50+ who would like to engage the expertise of a specialist to create an individualized exercise program.

Custom-tailored to YOUR specific needs, interests and concerns!
\$15 per 30-minute consultation • Call the Center to Schedule an Appointment

North Laurel 50+ Center
9411 Whiskey Bottom Road, Laurel, 20723 • 410-313-0380
— **THIRD TUESDAY OF EACH MONTH** —
9 a.m. to 1:00 p.m.

Elkridge 50+ Center
6540 Washington Boulevard, Elkridge 21075 • 410-313-5192
— **SECOND MONDAY OF EACH MONTH** —
1:00 to 4:00 p.m.



Howard County Office on
Aging and Independence
Department of Community Resources and Services

FOR MORE INFORMATION, CONTACT
MALARIE BURGESS
mburgess@howardcountymd.gov
410-313-6073 (VOICE/RELAY)

If you need accommodations to participate or need this in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

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Community Partner Programs

Howard County Recreation & Parks

Basic Zentangles Workshop

Tuesdays, January 7-February 4
Tuesdays February 18-March 10
10am-12pm
\$40 for each 4-class session

Gentle Yoga/Yoga 1

Tuesdays, January 7-February 11
Tuesdays, February 18-March 24
6-7pm
\$55 for each 6-class session

Pastel Painting Workshop

Tuesday, January 28
6-8pm
\$45

Pastel Painting for Beginners

Tuesdays, February 4-25
Tuesdays, March 3-24
6-8pm
\$49 for each 4-class session

Basics of Mindful Meditation

Thursdays January 9-30
Thursdays, February 6-27
7-8pm
\$36 for each 4-class session

***Registration for these classes is done through Recreation & Parks.**

Online: www.howardcountymd.gov/rap
Phone: 410-313-7275
Fax: 410-313-4660
Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046
Walk in: Any Recreation & Parks facility.

Howard Community College Continuing Education Classes

How Movies Tell Stories, Part II

Tuesdays, January 14-February 11
9:30-11:30am

Symbolism: Renaissance to Contemporary Art,

Thursday, February 20– March 19
1-3 pm

Skin Care & Makeup for Every Occasion

Wednesday, February 26-March 25
10am-12pm

The New Business of Art

Saturday, March 7– 28
10am-12pm

***Registration for these classes is done through Howard Community College. You may register four different ways:**

Online:
howardcc.edu/gohccexpress

Fax:
443-518-4333

In person:
via the registration office,
Student Services Bldg.
Room RCF-233

Mail:
Howard Community College
10901 Little Patuxent Pkwy.
Columbia Md. 21044-3197

EXERCISE AND FITNESS

AgeWell Exercise

Tuesday and Thursday

9-10am, January 2-March 17

\$59 for 22 classes

Practice aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Class is co-sponsored by the Howard County General Hospital.
(A05201.600)

Arthritis Foundation Exercise

Monday and Wednesday

2-3pm, January 6-March 18

\$61 for 19 classes

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay the full fee. No class 1/15, 1/20, 2,17
(A05404.600)

Balance 4 All

Wednesday

11am-12pm, January 8-March 11

\$53 for 10 classes

This class is the perfect combination of 4 components: balance, flexibility, posture, and strength. Together they add up to safe and active living that provides greater endurance and makes you feel more confident in your daily activities.
(A05400.600)

Cardio and Core

Tuesday

10-11am, January 7-March 17

\$59 for 11 classes

Try this fusion of cardio work combined with core exercises. Designed for those who are looking for a more intense workout, this low-impact cardio class will get your heart pumping and strengthen your core. Bring a mat for floor work.
(A05405.600)

Chair Yoga

Thursday

10-11am, January 2-March 12

\$70 for 11 classes

In this gentle class, yoga poses are done seated or standing using the chair as a prop for support. Benefits include greater flexibility, increased energy, improved concentration, clarity, and overall health.
(A05402.600)

Flex, Stretch & Move

Monday and Friday

10-11am, January 3-March 13

\$100 for 19 classes

Improve flexibility, coordination, strength, and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers seated and standing options. No class 1/20, 2/17
(A05408.600)



**Registration for Winter classes opened on Friday, December 6, 2019.
Registration for Spring classes will open Friday, March 6 at 8:30 am in-person & on-line.**

EXERCISE AND FITNESS

Strength Training

Monday & Wednesday

9-10am, January 6-March 11

\$95 for 18 classes

Strength training helps increase muscle mass, metabolism, strengthens bones, and support joints. Build the strength that you need to live an active, healthy life!

No class 1/20, 2/17

(A05403.600)

Tai Chi

Thursday

1-2pm, January 2-February 27

\$48 for 9 classes

Tai Chi has been proven to enhance your mood, lower levels of depression, stress, and anxiety, enhance aerobic capacity, and improve muscle strength. This intermediate class is designed for students with some experience.

(A05450.600)

Walking Club

Monday, Tuesday, Wednesday, & Friday

9-10am

Free and ongoing. Enjoy a 1-2 mile neighborhood walk with fellow members. Meet at entrance.

Fridays, meet at the park.

Yoga

Fridays

9-10am, January 3-March 13

\$70 for 11 classes

Learn basic yoga poses.

Enjoy breathing and relaxation techniques.

Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health.

Bring your own mat.

(A05452.600)

Yoga for a Better Mood

Thursdays

6-7pm, January 2-March 12

\$70 for 11 classes

Soften spots that tend to cling to stress, anger, bad feelings, depression or anxiety and keep you in a slump. Refresh with yoga!

Practice specific postures, soft flow and breath to calm the mind and relax the body.

Bring your own mat.

(A05455.600)

Zumba Gold

Tuesdays

7-8pm, January 28-March 10

\$49 for 7 classes

Join this fun, Latin-inspired workout! This low impact class incorporates Zumba's contagious rhythms and is performed at a lower intensity.

(A0501.600)



Go50+ Fitness Membership

For those who want to workout on their own, try our Go50+ Package and have access to fitness equipment rooms at the Elkridge 50+ Center, Ellicott City 50+ Fitness Center, as well as the North Laurel, Roger Carter and Gary J. Arthur Community Centers' fitness centers. The cost for 50+ Howard County residents is \$75/year (non-county residents is \$100). The Roger Carter Center has a 50+ rate for the pool.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes.